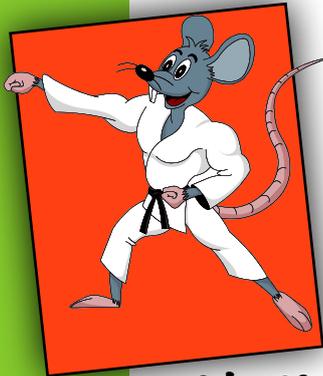


LITTLE CHAMPIONS



Muscle Mouse



Sensei Snapper



Magic Marley



Elegant Ellie



Master Leo



Master Monkey

Grading Success

Congratulations to Anthony Williams on earning his black stripe belt in February.

Anthony is the second Little Champion to achieve this level.

Anthony started his training in July 2010 and will now start his transition into the Karate Kids Program. Below are a few key tips for other Little Champions with their sights set on achieving black stripe.

1. Consistent attendance every week
2. Always do your best in every class
3. Have Fun!
4. TEAM: Student/Parent/Instructor

Reminder: Using Progress Cards

Upon arrival to the dojo:

1. Students to get their 'Student Progress Cards' out of the progress card box at the entrance of the dojo (on the filing cabinet in the mailbox room). Progress cards are filed under your last name. Parents may need to help whilst students are settling into their training.
2. Please hand your 'Student Progress Cards' to your instructor when entering the dojo.

Weekly In

Class Themes: March

Every class is designed to help students to get the most out of their training. Key themes being explored in March during class time include:

Week 6 (Start Monday 4th)

Discussion: Habits - 'Confidence'

Physical Challenge: Skipping

Week 7 (Start Monday 11th)

Discussion: Manners - 'Excuse Me'

Physical Challenge: Kata (sequences)

Week 8 (Start Monday 18th)

Discussion: Getting Along - 'Sharing'

Physical Challenge: Kumite Tag

Week 9 (Start Monday 25th)

Discussion: Habits - 'Honesty'

Physical Challenge: Focus Mits

Update: Class Sizes

Mon 3:45pm: Yellow stripe + above	4
Mon 4:30pm: All levels + parents	12
Tue 3:45pm: All levels + parents	22 (Full)
Tue 5:15pm: All levels + parents	8
Wed 3:45pm: Yellow stripe + above	5
Wed 4:30pm: All levels + parents	13
Thu 3:45pm: All levels + parents	17 (Full)
Thu 5:15pm: All levels + parents	2
Fri 3:45pm: All levels + parents	10

All students are welcome to adjust classes from week to week if required, but please call ahead so that we can advise you of the latest class sizes. The most important thing is

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that your child maintains consistent attendance in order to give them the best opportunity to continue to progress.

If you need to do a make up lesson, please attend one of the smaller classes.

Turning 8 years: Program Transition

The most important thing with the transition into the Karate Kid's program is that your Little Champion feels comfortable. There is no one size fits all approach. Here are a few ways that students have done it in the past.

1. Straight into Karate Kids Program
2. Mix: Doing both Little Champions and Karate Kids Programs
3. Remain in Little Champions until child feels more confident to transition.

If you have any questions or require support to help your child transition smoothly please ask instructors.

Progress Check Weeks

Instructors review student progress with the view to promote students to the next level (tips, belts).

11th - 15th March / 25th - 28th March



Master Monkey

Hi Everyone,
Let's get straight into it Little Champions. Everyday in March, I challenge you to review and do one or more of the challenges below. If you aren't sure what to do please ask mum and dad. And if they aren't too sure please ask your instructors. Happy training and always do your best. And... SMILE!



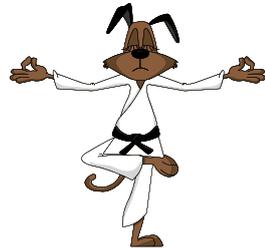
Master Leo Presents...Correct Fist: Start by opening your hands right up. (spread your fingers). Starting with your little finger first fold the fingers into your palm so now you have four fingers tucked away and only leaving your thumb up. Then bend the thumb into position like the picture to the right. Practice opening hand and closing tight. See if mum or dad can open up your hand when you have it closed tight.



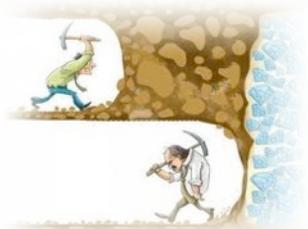
Elegant Ellie Presents... Standing Bow: Stand tall, back up as straight as you can with your eyes going straight ahead. Hands by your side and your heels touching and your toes pointing out. As you bend forward at the waist keep your neck straight and allow your eyes to naturally lower towards partners feet and then return to start position. We bow every time we enter or leave the dojo and when we train with partners



Magic Marley Presents... Focus yourself without being distracted: Stand tall with good posture, breathe in and out (listen to your breathe) and focus your eyes on something. Have mum or dad walk past you or do something to try and get you to look at them. Your goal is to keep your eyes on that one spot for as long as you can. You might start with 10 seconds, 30 seconds or more. Each time you get better, find a new challenge. Maybe practice reading a book, do a puzzle or your homework.



Muscle Mouse Presents... 'The splits': Start with your feet together and slowly slide your legs apart as far as you can. Use your hands to balance yourself the lower you get. Your goal is to get yourself into a full split position. The more you practice, the easier this will get. Remember to breathe whilst you are going deeper into your stretch. Be sure to have your body warmed up well before doing these deeper stretches. And, smile! Your body loves a good challenge.



Sensei Snapper Presents... Never Give Up: Did you know that most people will give up right at the point when they were about to succeed. When you feel challenged, get excited, ask for help and work harder. Often you will find a challenge right before a success. A challenge simply means that you are on the right track and that success is coming your way. Keep moving. Once you have achieved your goal and feeling great, then take the time to review your journey. Do you really want to quit or do you want to search for greater levels of learning and life.



Together Master Monkey, Muscle Mouse, Magic Marley, Master Leo, Elegant Ellie and Sensei Snapper will share all their secrets that will help you become not just any Little Champion but a **'GREAT Little Champion.'** The more consistent hard work that you put in, the **BIGGER** the result.